

Tobacco Cessation Resources

DID YOU KNOW...

Nicotine can worsen feelings of anxiety and amplify feelings of depression

Tobacco is the leading cause of preventable death in the U.S.

Those who have smoked long-term have reduced their life expectancy by 25 years



Rochester Regional Health offers classes through their smoking cessation program

585-368-4567

URMC offers individual counseling, as well as group counseling through their nicotine dependence program

585-602-0720

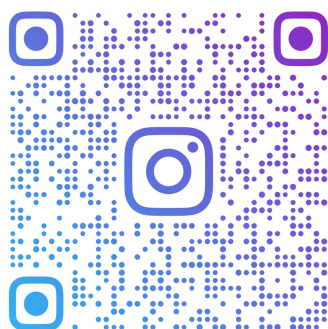


NYS Smokers' Quit line

1-866-697-8487 or
www.nysmokefree.com

SUNY Geneseo EAP coordinators are also available for referrals and can offer more insurance plan specific information.

585-245-5740 or 1-800-822-0244



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